

**Unlock the healing potential of your kitchen or garden with our award-winning short course!**

## **An Introduction to SELF CARE with FOOD & HERBS**

**May-October 2017 in Fulham SW6**

**Session 1 Basics 24 May 10-1pm or 6.30-9.30pm**

**Sessions 2-5 21 June, 19 July, 20 Sept, 18 Oct 6.30-9.30pm**



### **A 5 part practical course**

- **Self Care Basics**
- **Digestive Discomforts**
- **Sleep, Anxiety & Fatigue**
- **Skin & First Aid**
- **Coughs, Colds & Allergies**

Our award-winning\* course is for anyone interested in plants and foods. We taste and identify herbs in the garden, explain body/mind functions and basic plant therapeutics, and make remedies from teas, creams and tinctures and foods. You'll assess your own health and diet. Led by Alex Laird, Living Medicine's founder director with 17 years of clinical experience, it's about the pleasure of sharing knowledge, growing, eating and transforming plants into remedies - safely!

**What people say:** *"Very relevant and totally inspired." "I thoroughly enjoyed the workshop with Alex...a lovely lady, so informative and very inspiring." "I love her attitude of sharing information and encouraging us to pass on her tips." "The course impressed me for its scientific grounding." "I was surprised how much better I felt, mentally and physically – I keep remembering your very realistic and practical advice."*

**Book online:** <http://www.livingmedicine.org/projects>

**NB Session 1 Basics can be taken alone as a morning or evening taster, but must be taken to attend the rest of the course.**

**For more details, email:** [alex.laird@livingmedicine.org](mailto:alex.laird@livingmedicine.org)